

# Natural Rearing Newsletter ©

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## FOR BREEDERS THAT CHOOSE TO THINK FOR THEMSELVES

From The Desk Of: MARINA ZACHARIAS

### Common Sense & Nonsense Feeding

There is little doubt that the vast majority of health problems in animals are a direct result of poor nutrition. This is not because well meaning owners intentionally feed their companions a diet they were never meant to eat, but rather is based on a series of "beliefs" initiated and fostered by commercial interests in the nine billion dollar a year pet food industry.

In past issues we have briefly touched on this vital subject but now that you have a little better understanding of enzymes, the immune system, etc., I would like you to give some serious thought to some common sense principles in feeding your dogs and cats.

A good starting point is to examine some of the widely held "beliefs" to see if they make sense or are more or less nonsense.

- Everybody knows that---The digestive system of the modern domesticated dog is much "weaker" than a wild dog's and that is why modern dogs have to be fed differently to their wild counterparts.

**NONSENSE!!** This belief is based on nothing more than somebody's opinion. There have been no scientific studies to back it up. Although mankind may have changed the outward appearance of the dog over the last few thousand years, and developed a large variety of shapes and forms for practical or esthetic reasons, **THE INTERNAL WORKINGS INCLUDING THE ENTIRE DIGESTIVE SYSTEM, AND THE WAY FOOD IS UTILISED FOR GROWTH, MAINTENANCE, REPAIR AND REPRODUCTION, IS FUNDAMENTALLY THE SAME IN ALL DOGS—BOTH WILD AND DOMESTICATED.**

**COMMONSENSE**—If the internal workings have not changed, then a study of the foods eaten by wild dogs, should provide us with a sound basis for feeding modern dogs!!

- Everybody knows that--Dogs should not eat raw bones and all dog food should be **COOKED** to kill all the bad bacteria. (1)

**NONSENSE**—Dogs fed only cooked and processed food will always develop a weakened immune system and poor dental health.

**COMMONSENSE**—From centuries of practical experience dogs thrive on a **RAW** diet.

- Everybody knows that—Each meal you feed your dog should be complete and balanced,
- It is impossible without a university education in dog nutrition to be able to successfully feed a dog,
- And of course—the best way to ensure proper nutrition is by feeding only (fill in appropriate brand name) commercial dog food.

Do I really have to say it?? O.K.—**NONSENSE!!** This "modern" idea was devised for no other reason than to enable the sale of pet foods. Massive "education" campaigns inundate the media to convince you that "You cannot feed your dog properly...but we can". Even many vets have become convinced that feeding a dog is a very complicated process and best left to the "experts".

The major "fear" that is exploited in the pet food industry is centered around the concept that "every meal must be completely balanced". Unfortunately, even "holistic" animal lovers and some authors of "how to" books have fallen into this trap.

**COMMONSENSE**—Ask yourself the question...is that the way you design your own meals? Each of them totally balanced with every conceivable nutrient present that you require? Of course you don't. No creature since life began has eaten that way!!

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You don't have to be a rocket scientist to realize that in nature, a "wild" dog will achieve a balanced diet over a period of time that can range from a few days to a few weeks. Never at each meal and never consistent. The attempt to put all the nutrients a dog requires into one commercial product is responsible for much unnecessary suffering and poor health. It is an insidious way of slowly ensuring a shorter life span for your animal and is guaranteed to sooner or later make your veterinarian a little richer.

Dr. Ian Billinghurst in Australia provides an outstanding insight to confirm this concept. In his words:

"As a veterinary student in the early seventies, I found it hard to understand why Aussie vets had fewer and simpler dog and cat diseases to deal with than the Americans. It seemed to make the Aussie vet somehow inferior. We did not need to be trained to the same high degree of complexity and sophistication.

There was a simple explanation. At that time, more than seventy percent of Aussie dogs were still fed raw bones and scrapes. They were still pretty healthy.

American dogs had been eating processed food and no bones for decades. They had developed a wide range of problems. Their vets had been forced to develop a complex set of diagnostic and therapeutic tools to deal with them.

I need not have worried. Our dogs' disease problems are increasing on a par with their increasing consumption of processed and cooked foods. We Aussie vets now have to be as good as our American counterparts to deal with them."

In Issue #2 we did outline some basic information on commercial pet foods. To totally cover the subject would probably take a book or two but there are a few additional things that you should know about, that will serve to give you a strong indication of the reason behind many of the health problems we are seeing.

At one time or another, most breeders become concerned with the kind of preservatives or chemicals contained in a particular dog food. It's amazing however, that seldom (if ever) do they question the major faults found in almost every brand of commercial pet food. While on the "net" I have come across long winded discussions on the "right" percentage of protein, etc. for this or that, along with a multitude of opinions on lamb vrs. beef or chicken, rice vrs. wheat and on and on. To my mind this is an exercise in futility.

The label might say it contains meat and meat by-products. What does this mean? It could mean lots of meat, or lots of by-products. Which by-products? They could be liver and hearts. They could also be feathers and feet! How would you know?

Look at protein levels. Is that level good or bad? How would you know? Is it good quality protein? Is it easily digested protein? How would you know? (Actually it's a pretty safe bet to assume the protein is low quality and poorly digestible).

What about fat? Is there enough? Is there too much? Is it the right sort with plenty of essential fatty acids? How would you know? What about added vitamins. Are there enough? How would you know?

It's utter nonsense to assume that the pet food manufacturers make pet food for the sake of keeping your dog healthy. Common sense tells you that their prime motivation is to make money!!

I could go on but I think you get the point! You must realize that what is on the label is no indication of the actual nutritional value to your animal!! It is possible to produce a pet food based on shoe leather, used motor oil, coal and water, which if analyzed would meet the legal requirements necessary for it to be sold as pet food. By law, pet foods are not required to contain optimum or best levels of each nutrient. They can claim to be "nutritionally complete" as long as they contain certain minimum levels to prevent obvious deficiency symptoms. The law does not require that nutrient levels be kept below a safe maximum level either!

Consequently we see excesses of protein, calcium, phosphorus, magnesium, and sodium to be common in pet foods. So what, you may ask?

Lets take excess calcium as an example because it is probably one of the most common problems. The calcium combines with zinc, producing a compound which cannot be absorbed, resulting in a zinc deficiency. This lack of zinc is involved in skeletal and growth problems, skin problems, infertility in both sexes, sugar Diabetes, Pancreatitis,... the list goes on and on.

**The excessive calcium in dry dog foods is heavily implicated as a cause of bloat in the adult dog and of skeletal problems in growing dogs!!**

Excess protein can result in kidney disease, excess sodium can cause heart disease, excess magnesium causes bladder stones...and on and on and on!

Lets take a quick look at how mother nature designed the dog to eliminate the problem of calcium combining with zinc. In the "wild" a dog would obtain the zinc, copper, iron etc. when it eats the liver of another animal. Normally the liver will be eaten along with maybe the gut contents and perhaps some of the muscle meat.

The calcium is eaten at another meal when he eats the bones. Seldom, if ever will both be consumed at the same time. Even if bones are eaten with the other foods, the digestion of the bones will be relatively slow, while organ tissue will be digested and absorbed much more quickly. This natural process of separating allows the kidneys to rest by not having to deal with high protein levels with every meal.

So the lesson for to-day is really "don't mess with Mother Nature—she's the only one that truly understands what is best for your animal".



## Redefining The Modern Dog

I find it insulting to read in a popular magazine about how “breeders” have purposely made the “purebred” dog into some kind of wimp, suitable only for “judges” to look at in the show ring. According to these “experts”, all the health problems, temperament problems, etc. etc. can be laid squarely on the shoulders of vain, selfish breeders who care more about “winning” than about the welfare of their animal.

I guess I really shouldn't be surprised at such downright ignorance, but it really ticks me off when this kind of pure propaganda is published.

Lets face it gang, somewhere along the line an “image” problem has raised its ugly head. A lot of this has to do with creation of the image given by dog food companies subliminal message that the modern dog is a “weak sister” to its ancestors. Some of it arises from the “message” of the orthodox veterinarian community that the modern dog must be vaccinated regularly, inspected regularly, “flea programmed” regularly, wormed, nail clipped, teeth cleaned, etc. etc. at your favorite neighborhood local clinic. He's probably also suffering from a “deficiency” of antibiotics, prednisone, or “special” scientific diet from a can (available at the front counter).

In other words, the modern dog is some kind of new creature that really can't stand up to the rigors of the civilized world, so must become a “pampered pooch”, to be looked after by “professionals” only and God forbid that your dog eat anything other than brand “x” food.

Let's take a look at a true “image” of a modern dog!!

1. First and foremost, your dog is a carnivore. That means they love to eat other animals. Dogs will happily eat the internal organs, the meat, and the bones from other animals. It doesn't matter whether you are talking about a Chihuahua, a Poodle or a Great Dane—they love to eat this way!
2. Your dog is a vegetarian. One of the first things eaten by a wolf or wild dog when it kills, are the stomach and intestinal contents. These contain fermenting grass and similar plant materials. Wild dogs and modern dogs love to eat fruit of different kinds—especially if it is overripe. They scavenge around the bottom of fruit trees. They dine regularly at the compost heap. I have one girl that I baited regularly in the ring with green grapes. She loved them! Remember when feeding vegetables, they should be pulverized until they resemble the gut contents of an animal.
3. Your dog is a scavenger. You only have to leave your dog alone with an open garbage can to find that out. Dogs will eat and derive food value from practically anything. To a wild dog, soil eating is an important source of minerals. Bark from trees is an important source of fiber. Dogs receive valuable nutrients from material that we humans find totally repugnant. Things like vomit, feces, and decaying flesh.

(3)

This habit of eating feces (called “Coprophagy”) is common with many dogs that eat commercial dog food. Why? To try to stay healthy! Feces are a highly valuable food, consisting of the dead and living bodies of millions of bacteria. They are an excellent source of essential fatty acids, fat soluble vitamins (particularly vitamin K and the whole range of B vitamins), many different minerals because of the soil in it, and a host of other nutritional factors including anti-oxidants, enzymes and fiber. The feces they eat is of far greater benefit to them than the product peddled by the dog food companies!

If you don't want your dog to eat feces (and most of us don't) then you must provide in the diet all those nutrients which are currently missing from your dog's diet, and which feces supplies. This requires a team of ingredients like yogurt, eggs, polyunsaturated oils, an enzyme supplement, crushed raw vegetables as a source of fiber, etc.

3. Your dog is a hunter. Dogs will eat anything that moves. This starts at a very young age with insects, beetles, ants, lizards—whatever walks, crawls or slithers into it's path. As time passes, birds and small animals are tackled. Later on, with the help of other dogs, larger prey such as deer, sheep, goats, cattle etc. are eaten.
4. Your dog is an opportunist. This means that a hungry dog will take the opportunity to eat whatever food is available. Many dogs survive happily on the contents of garbage cans! When you think about it, a dog roaming the streets, seeking out it's own food is living closer to nature and the lifestyle designed by evolution, than dogs fed a consistent “100% complete” dead commercial dog food. It may not have the same foods it's ancestors had to choose from, but at the same time it is not limited by what some humans or dog food company chooses for it. Much of the food is raw, including vegetable peelings, rotten fruit, and some bones.
5. Your dog is an omnivore. The fact that your dog is a carnivore, a vegetarian, a scavenger, a hunter and an opportunist means that he is an omnivore. This means a dog can eat practically anything in the way of food. In fact so far as eating goes, **your dog is one of the most versatile creatures on earth!!** He will survive on just about anything we care to throw at him, even commercial dog food!!

So, as far as the “image” of a weak sister, wimp, pampered pooch, etc. goes, keep in mind that your dog is a hero!! He manages to put up with all the sheer “nonsense” foisted on him by people that “know” what is “best” for him, and still survives.

We all need to make the effort to change the mindset instilled by the mega-buck propaganda boys, and help others to enjoy this wonderful creature without the fear that we may do something “wrong” and hurt this “best friend” of ours. He is a lot tougher than you may think—if you let him be!!





## Mother Nature's Vaccine

There is a ritual practiced by every animal on Earth except man. Animals instinctively lick their wounds.

There's been copious quantities of research on the antibacterial and cleansing properties of saliva. The ingestion of infectious material and cellular debris stimulates the first line of defense of the immune system. When these compounds enter the mouth they are almost immediately in contact with lymphatic tissues which produce antibodies that can then circulate throughout the body.

The vaccines used by orthodox medicine are based on the same principle but oral ingestion is ridiculed and soundly rejected as a viable alternative.

It is interesting that at the turn of the century numerous physicians used various forms of ingestion (also referred to as "autotherapy") to successfully treat polio, tuberculosis and cancer. The crudest forms involved oral dosages of bodily discharges (pus, urine, etc.). To make them more palatable they were first diluted with water and then flavored with either herbs or cocoa. It was the success with these oral preparations that led to the creation of injectables. With proper filtration, sterilization and care these custom formulations were very effective.

Please note that unlike the mass-produced vaccines of today these were custom made from each individual's own body compounds to specifically treat an ongoing condition.

This principle of treating specifics has also been very successful in modern holistic veterinary practice. For example, a cattery suffered from a persistent problem with nasal discharge in litters of newborn kittens. Various treatments (including several homeopathic remedies) had been tried without results. The Vet finally prepared a homeopathic nosode using the nasal discharge of the kittens as a base. This was administered to the mother and no further incidents occurred. Problem solved!

Perhaps the next time your animal starts licking a wound or sore, you may want to consider that this is Mother Nature's way of "vaccinating" for the problem and not be quite so desperate to stop this instinctive behavior.

Some of the foremost research pioneers are getting results using these autogenous (originating with the individual to which applied) vaccines. The veterinary profession is quite active in this field and even cancer researchers see potential using the technique for treating skin cancer.

I'm not recommending licking your own wounds or drinking the discharge as a primary form of treatment, but if all else fails....? Remember that there is always another alternative when conventional medicine has nothing left to offer.



## Red Alert on Air Shipment of Pets

Here's a little bombshell for you:  
"...oversedation is the most frequent cause of death of pets being transported by air."

This observation comes from none other than Dr. Arthur V. Tennyson of the American Veterinary Medical Association. He is now advising veterinarians not to prescribe a tranquilizer or other sedatives for animals about to travel by air...except in unusual circumstances. Even though such drugs have been used, there is very little actually known about the effects of sedation on animals that are enclosed in cages and transported at high altitudes.

Dr. Tennyson says that even if the animal appears excited before the trip begins, once aloft it probably calms down in the dark, closed hold. When the pet is calm, however, the effect of the drug might be excessive, he warns.

As most breeders are involved in air shipment at one time or another, I wish there was some way I could scream this information to every breeder in the country. Again we see drastic effects of the "drug" mindset going unnoticed and causing unwarranted deaths for our animals. How long must we continue to put up with this kind of sheer nonsense while these same people continue to condemn the simple, natural remedies available that entirely eliminate the problem with complete safety !!

To help an animal that will be flown, the Bach Flower remedies are extremely useful. We all know about Rescue Remedy (or Calming Essence). This can be improved for flying by adding **Mimulus** for specific fears (i.e. fear of abandonment) and **Aspen** for the vague and general fear. **Elm** is a good remedy for the feeling of being overwhelmed (ex. by the rigors of traveling). If the trip is long, add **Wild Rose**. This will help the stress of confinement and will aid to bring joy.

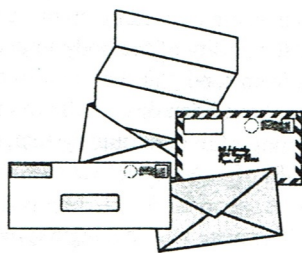
Some very good homeopathics to keep in mind are **Aconite** to help with the fright or terror of travel. **Argent Nit.** Is a good remedy for those that show great anxiety or apprehension. These animals are agitated and this remedy also helps with claustrophobia. Homeopathic **Borax** is great for the fear of loud noises (especially thunderstorms)---(Jet engines). (Ed. Note: Many of these remedies are available in a combined remedy called "**Fear/Stress**").

The remedies chosen can be given 3 times a day the day before travel and more frequently on the day of travel (i.e. when you are packing; leave the house; arrive at the airport; and just before you must leave the animal). If water is accompanying the animal in the crate, then the remedy can also be put in the water dish.

For those animals that are extremely bad or nervous travelers, a very effective glandular/herbal combination should be used called **Tranquil Complex**. This provides nutritional support to the body to help keep calm, but in no way does it leave an animal "doped up" or groggy as in medication. It simply helps to soothe and nourish the nerves and supports the entire nervous system.



## MAILBOX



The following letter from Switzerland demonstrates that there are no "boundaries" for breeders helping breeders. The problems involved were chronic tonsillitis with an associated mucus/nasal infection, fever, and severe diarrhea.

Dateline March 27, 1996—Switzerland

Dear Marina,

Just wanted to let you know that my young dog is completely better and that the homeopathic medicines that you suggested worked wonders. In fact, quite to my disbelief, she was over the viral infection within 9 days and we were able to attend the dog show that I had almost canceled. She was literally shining with health and won the Junior Championship title.

As if by magic, the diarrhea stopped within 2 dosages of the Tree Bark Gruel. The Echinacea, I feel, has boosted her immune system. I followed your suggestion of taking Aconite 3 times daily and that stopped the fever within the day. One thing extra that I gave for the excess mucus, that seemed to be blocked in the nose and throat, was Sticta Pulm 30x, 4 times a day.

Many thanks for your kind help.

Sometimes help can be found much closer to home. Take the case of the following two letters from sisters helping sisters.

Dateline Feb. 14, 1996—New York

Dear Marina,

I have used several of your products with excellent results; the most outstanding results coming from the glandulars and the Tridex Standard.

One of my female CH. Pekes has been hyperthyroid since about 9 months of age. She had the typical symptoms, excessive hair loss, brown pigmentation of her skin, itchiness, all confirmed with the appropriate lab work (T4, TSH, etc.). She has been on Soloxine since that time with improvement of all symptoms, except now her seasons were very irregular.

After using several remedies for other minor problems, I decided to try Thytrophin on my bitch (after discussing it with my vet). I began the Thytrophin and weaned her off the Soloxine without any recurrence of symptoms.

After 2 months on just ½ a Thytrophin tab. each day, she remained without symptoms and even came in season after more than a year. I am happy to say that the lab work proves that she is normal thyroid now and is now completely off all pills—including the Thytrophin.

Since I had such success, I thought I would try to help my sister with her cat. (Ed. Note—description of problem followed—see next letter).

As for the Tridex Standard, my situation was this. My 10 month old (1<sup>st</sup> homebred litter) male pekingese was very sweet, social and loving and had been in several shows without a problem. After deciding to put him in Bred-by classes, because he did not look like a puppy, he began to win. In Aug. '95, he took a huge win, BOB from the classes over specials! I was urged to show him in the group so as not to insult the judge (who was also judging the Toy group).

I showed my 10 month old puppy in the Toy group and when he looked around at all the people and dogs, the clapping, whistling and shouting, I knew we were done! It was all I could do to get him to walk with me. Much less hold his tail up. After that, he would not hold his tail up in future shows and for a pekingese that is detrimental.

I decided to try the Tridex Standard, knowing it could not harm him. (Prior to this decision I had attended 6 weeks of handling and obedience classes—all this for a puppy who has points and a BOB to his name!!)

After several weeks on the Tridex Standard, I am happy to say that he went out and took a 3 point major and BO ! !

He is no longer on the Tridex and his attitude is wonderful; sweet, loving and social—as he had always been. But now he carries his tail up!!!

Thank you for all your help.

Dateline March 4, 1996—Florida

Dear Marina,

My sister suggested I write to you. As you are aware, my 1 ½ year old female cat was diagnosed with diabetes in Sept. of '95. At the time she weighed in at just under 7 lbs. And her blood sugar count was at 420. It was very difficult getting her regulated with insulin and she was up to 8 units per day.

My sister sent me the Pancreas Complex to try (as I am an avid believer in these ancient and homeopathic remedies). Within two weeks of using the Pancreas Complex, my cat was taken off her 8 units of insulin. By December 14<sup>th</sup>, she was at a blood sugar level of 50 and showed no signs of diabetes.

My vet, Dr. John Demers is also a practicing homeopathic vet and decided to put her on some amino acids,



since her sugar level seemed to be going the opposite direction. On December 27<sup>th</sup>, she was at 39 blood level and I panicked that it was so low. So my doctor suggested an adrenal gland once daily until her blood sugar improved.

Since Dec. 31, she has had no medicine whatsoever and her blood sugar remains fairly constant around 59 to 70. My other cats tested out around 45 to 70, so I believe she is completely normal.

She weighs in now at about 14 lbs. And is not only healthy, but playful and quite vocal. I cannot be happier.

I would very much like to be added to your mailing list and be kept informed. I am a true believer in these remedies and only wish the benefits could be accepted by everyone.

Thank you so much for all your help.

Thank both of you for your great letters. They both serve to draw attention to the fact that working with a holistic Vet. and using natural remedies, the functions of the body can be restored to normal. True health can be achieved without the use of drugs if we are only wise enough to help the body help itself.

Your experiences typifies the advantages of using both modern technology (i.e. for monitoring and diagnosis) and natural methods for treatment. Truly we do have "the best of both worlds" and I too sincerely wish that these benefits could be accepted by everyone.

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## Chlorinated Water—More BAD News

From Issue #2 you already know that chlorinated drinking water is directly responsible for several problems including many cases of cancer in humans.

Animal studies by the Environmental Protection Agency have shown that drinking chlorinated water caused blood cholesterol to switch from high-density lipoproteins (the good guys) to low-density lipoproteins (the bad guys). Why the EPA doesn't inform the public that our drinking water is contributing to the number one killer in our country, I'll never understand.

But there's more! In a back issue (May/June 1992) of Chemical Research In Toxicology, there is a report of the discovery that ingested chlorinated water **alters and destroys essential unsaturated fatty acids!!**

When water is treated with chlorine the compound "hypochlorite" is created. This compound creates free radicals which oxidize these essential fatty acids and cause them to turn rancid!

Remember, these fatty acids that are being destroyed are **essential** fatty acids. That means that the body must have them to survive and they're not something the body can make. They have to come from food!!

Free radicals being created by chlorinated water are not only decreasing the ability of the body to get these essential fatty acids from food, but they're also creating dangerous toxins that have been directly linked to liver malfunction, weakening of the immune system, changes in the arteries and alterations of cellular DNA.

Of course if you are still feeding a typical commercial pet food to your animal you're probably not concerned with this anyway. Why? There's little (if any) unsaturated fatty acids in pet foods. Since they go rancid so quickly they decrease the shelf life. To solve these problems, most pet food manufacturers use either saturated fats or hydrogenated fats—both of which cause even more health problems. Even if they purport to be preserved with Vitamin E, the fat preservatives are only part of the story.

But for those of you trying to feed a natural diet and providing a good source of essential fatty acids, please take special care to avoid any and all sources of chlorinated water in your feeding program.



## The Microwave Oven

By now you should be aware that the introduction into the body of unnatural molecules and energies is much more likely to cause harm than good. Microwaved food contains both!

Naturally occurring amino acids have been observed to undergo changes in shape as well as transformation into toxic forms, under the impact of microwaves produced in ovens.

Proponents of the microwave argue that the microwave is a totally natural phenomena and use the energy from the sun as a prime example of "nature's microwave". What they fail to say is that the microwave energy from the sun is "direct current" whereas the microwaves produced in ovens is from "alternating current". These ovens force a billion or more polarity reversals per second in every food molecule they hit.

I haven't been able to find one single long term study on the health effects of consuming microwaved food but one short term study in 1992 found significant changes in the blood of individuals consuming microwaved milk and vegetables.

The best advice I have seen is "...take that microwave oven, set it on the driveway, and back a truck over it".



## Juliette Is Coming !!

Master herbalist Juliette de Bairacli Levy is coming to the United States for a brief visit. We have been very fortunate in prevailing upon her, and she has agreed to give a talk in the West Coast, for her many fans!!

As most of you know, it was her book "The Complete Herbal Handbook for The Dog and Cat" that first got me started into "Natural Rearing". Those of you that have used her wonderful N. R. herbal products know from practical experience that her formulations are unsurpassed anywhere in the world. Her teachings have stood the test of time and animal breeders the world over have come to rely on her magnificent breadth of knowledge.

This event could very well be one of the last opportunities we have of meeting this great contributor to animal health. She is getting on in years (remember—the Herbal Handbook was first published over 50 years ago), and she does restrict the amount of travel she can do to a bare minimum.

So mark this date on your calendar gang:

**July 13, 1996**  
**Kent, Washington**

We are in the process of finalizing all the details but I can tell you that she will be speaking for a full afternoon and there is a good possibility that we can arrange a "book signing" opportunity sometime in the morning of the same day.

The event will take place at the Holiday Inn in Kent. For those of you not familiar with the Washington area, Kent is located just a little south of Seattle. For those of you flying in for the occasion, there is a "shuttle" service from the Seattle airport to the Inn (a trip of about 20 minutes).

Seating will be limited and pre-registration is a must and will be done on a first come first served basis. The fee will be a nominal \$35.00 per person and I would strongly urge you to book your reservation early to avoid disappointment. At the moment you do have the advantage of being amongst the "first to know" of the event but once word gets out I anticipate that it won't be long before it will be "sold out".

We will be coordinating everything through my company—Ambrican Enterprises Ltd.—so let me know as soon as possible if you want to take advantage of this rare opportunity.

I am excited about her visit and look forward to meeting many of you there!



## Energy Medicine

Western culture presents the body as a machine which simply needs its defective parts replaced. Medicine sees this model as a series of complex chemical actions and reactions.

Many Eastern cultures have an entirely different model that is based on an energy field that surrounds and permeates the body. It comes in many names like chi, prana, aura, life force, etc. but shares the common belief that it is this field of energy that is the primary source of health in the physical body.

While some Westerners have admitted the existence of such an energy field, its metaphysical and mystical connotations have prevented it from being studied scientifically, with the exception of a very few dedicated researchers.

If you were to speak to most vets about using color, sound, light, magnetism, crystals, etc. as a possible therapy there is little doubt that you would promptly be classed as a "nut case" and shuffled out the door. Look how many years it took before even "acupuncture" was recognized by Western medicine as a viable alternative. Yet this is a typical therapy based solely on the "patterns" of this energy field.

It's ironic that today's most sophisticated diagnostic tools used in conventional medicine employ the principles of energy medicine. For example the EKG (electrocardiogram), EEG (electroencephalogram) EMG (electromyogram) and MRI (magnetic resonance imaging) are all based on the body's energy pattern.

What is so fascinating about the study of this energy field is that when properly utilized, a diagnosis of future disease can be made before the physical body shows any symptoms!! Treatment can therefore begin much earlier and be much more specific. Here is another bold statement for you—"A balanced, healthy energy field equals a healthy body."

Sounds to much like magic? Would it surprise you to learn that "human" research on the energy field (popularly known as the human aura) is rapidly progressing and may very well be the "medicine" of the 21<sup>st</sup> Century?

If I were giving out a B.I.S. Award (that's Best In Science this time), it would undoubtedly go to Dr. Valerie V. Hunt for her outstanding work in this field.

Dr. Hunt's entire focus is on changing the public perception of the composition of the body, to help people understand that the body does have an energy field, which until now, was thought to be only an interesting "idea" described by mystics.

Before you dismiss her work as just another obscure researcher, let me give you just a smattering of her background. She has published four textbooks and 25 research articles, has consulted in space biology for NASA, and has



been a Field Reader for the U.S. Dept. of Health, Education and Welfare Research Grants. She has taught courses at 20 medical colleges and universities here and abroad and has studied ritualistic healing and mystical beliefs in the Orient, South America, Africa and the Pacific Islands. She was a professor at UCLA for 40 years. Her expertise encompasses many disciplines as an educator, therapist, and scientist in basic and applied research in biology and behavior.

I wanted you to be aware of this because some of her findings do border on the unbelievable but once they are "accepted" by the orthodox community her work does hold tremendous significance for a whole new world of healing. She has proven that the energy field is a reality, and a reality that is, in many cases, more basic than the physical body with which we are more familiar.

She has measured the vibrations of the field with scientific instruments and captured them on video! On film, the energy field extends like a cloud, up to several feet, all around the body. It is made up of a variety of colors depending on many factors such as diet or the health of the person being measured!!

One of the most unbelievable portions of the video showed the effect of "junk food" on the energy field. Film from a regular camera (not Kirlian) was enhanced with the aid of a computer that ran amber light through it so that the energy field became visible. A man eating junk food had a shrunken, thready aura. That same man, after only sitting in front of a plate of organic seeds, grains, and fruits for 15 minutes, had a flowing aura that glowed with color. Really makes you wonder what a dish of commercial dog food would show in an animals aura, doesn't it?

Dr. Hunt's message in this video is that all living things have a chaos pattern and that whatever comes, whether it's pain or disease or healing, enters the "field" before it ever enters the body! She explains using cross-plot analysis, a product of chaos theories and fractal mathematics (sorry Charlie, I have no idea what these are) to compare the energy field pattern of a healthy person to the pattern of a diseased person. By comparing the two fields an accurate diagnosis can be made at the earliest possible time.

The direct applications are enormous. For example the effects of radiation and chemotherapy can be targeted for a specific site and can be checked immediately by comparing the treated energy field on a computer screen rather than waiting for the effect to show on the physical body of the patient.

Dr. Hunt has also recorded the aura vibrations on audio tapes. She discovered that the sound, when amplified, elicited strong feelings and emotions in those who heard it. These high frequency vibrations correlate with a certain color of the aura (visible on film) indicating emotional experiences such as pain or anxiety, and physiological conditions of health and illness. The application of these audio tapes is unlimited.

For example, the red-orange-amber spectrum tapes, when played, encouraged feelings of vital health, strength and vigor and could be used whenever a body needs extra energy. The blue-violet-mauve spectrum tapes, which decrease tension and muscle soreness, and increase relaxation can be used whenever tranquillity is sought. (Hey you show people—think of how we could use these to either "pep up" or "slow down" our next champion contender. All we need now is the same research for animals!!)

Her research also confirms many Eastern therapies that look for "balance" as the primary tool in medical care. She has shown that when the upper body has a different frequency from the lower body, anti-coherency (imbalance) results. The anti-coherency fouls up the nervous system and all manner of physical disabilities result (for example cardiac arrhythmia).

She emphasizes the importance of taking responsibility for "feeding the field" and keeping it stable. Hunt sees a place for allopathic medicine, but she says that unless the person is healed on an energy-field level, he will likely be on medication for high blood pressure, etc. etc. for the rest of his life. The body has the capacity to regenerate itself if the field which holds the template is strong and coherent!

How does one strengthen the field? Whole foods, rich with electromagnetic energy; exercise and "Rolfing" (a deep tissue massage technique) which enhance the electrical capacity of the connective tissue; proper acid/alkaline balance in the blood; breathing exercises that focus on expanding the field and raising its frequencies; gardening; walking barefoot on the earth; sitting beside running water or in a volcanic area; color. Homeopathy, prayer, meditation, the simple laying-on-of hands can "nudge" an anti-coherent field into its normalcy.

Dr. Hunt has already begun mapping field patterns of certain types of diseases. In hypoglycemia, hypothyroidism and other "hypo" disease, the field needs to be raised and strengthened. In Chronic Fatigue Syndrome, the field is so low, it does not feed the tissues. When cancer is in remission, its pattern shows changes. Dr. Hunt believes someday it will be possible to use electromagnetism to change the pattern of the disease, thereby eliminating cancer or causing it to go into remission.

Whatever the use, Dr. Hunt's main interest is to help people understand the true nature of the body, so that they can balance their energy fields and therefore prevent much of the disease and illness, whether physical, mental or emotional, which plague our world today.

At last we have some recognized "science" that supports the holistic concept of healing! If any of you happen to win a lottery and don't know what to do with the money, how about setting up a research center for animal applications of Dr. Hunt's work?

